

ROASTED MIXED VEGGIES

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(Substitute with Vegetables of Choice)

Ingredients:

- 1 teaspoon vegetable oil (substitute with olive oil)
- 2 garlic cloves, chopped
- 1 cup mushrooms, sliced
- 1 cup asparagus, chopped
- 1 cup baby carrots, chopped
- 6-8 fingerling potatoes, scrubbed and cut lengthwise in halves
- 1 small onion, peeled, halved and cut into quarters
- 4 teaspoons dried basil
- Salt and pepper to taste
- Nonstick cooking spray

Directions:

- Pre-heat oven to 450 degrees and place an oven rack on the bottom of oven.
- Spray a roasting pan with nonstick cooking spray.
- Add carrots, potatoes and asparagus to pan. Drizzle with oil and toss until vegetables are lightly coated. Bake for about 20 minutes.
- Spray a large pan with nonstick cooking spray and sauté garlic, onions and basil over medium-high heat for about 2 minutes.
- Add mushrooms and sauté until vegetables are tender, about 5 minutes.
- Add roasted vegetables from oven to pan and sauté all ingredients together for about 5 minutes more.
- Serve with your desired entrée and enjoy!!!

Disclaimer: It is the reader's responsibility to check the instructions provided, and to determine nutritional value and any possible medical condition that may arise from the consumption of the ingredients listed.